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## CONTRACEPTION DECEPTION

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Federer and Nadal as different as yin and yang. 27



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# WORK THIS

Whether it's a surf shack in the sky, three days of electronic dance beats or outdoor movies, we've got your guide to the long weekend. 4



## WELCOME TO METRO.US!



**LENYON WHITAKER, MULTIMEDIA EDITOR**  
Good morning! The U.S. Open is in full swing and there is plenty of action to keep up in the early rounds of the tournament. If you want to watch all the matches but don't have cable, there are some ways you can watch for free. Find out at [metro.us/sports](http://metro.us/sports).

## TRUMP TOUTS TAX REFORM, URGES CONGRESS

**I** President Trump turned his populist rhetoric to tax reform, calling for "pro-American" business tax cuts as a way to create jobs and telling Congress that it needs to deliver. Speaking at a manufacturing company in Springfield, Missouri, Trump called on Democrats to join his tax overhaul effort but offered few specifics. "We must reduce the tax rate on American businesses so they keep jobs in America, create jobs in

America and compete for workers right here in America," Trump said in his first presidential speech specifically on tax reform, one of his key 2016 campaign issues. Both congressional Democrats and Republicans say tax reform is needed but the Republican goal of enacting legislation this year faces an uphill battle in Congress, which has already failed to deliver on healthcare reform sought by Trump.

## HARVEY SHUTS 24 PERCENT OF US REFINING

**2** Gasoline futures surged on Wednesday to a two-year high while crude oil was down, as flooding and damage from Tropical Storm Harvey shut nearly a quarter of U.S. refinery capacity, curbing demand for crude while raising the risk of fuel shortages. About 4.4 million barrels of U.S. refining capacity has been shut by Harvey, based on company reports and Reuters estimates. That represents nearly a

quarter of U.S. refining production, and restarting plants under even the best conditions can take a week or more. "As the refineries restructured the more competitive refineries have expanded," said Antoine Halff, Director of the Global Oil Markets Research Program at Columbia University. "The capacity is now in the hands of a few very large players in a few very large plants." "It means if something goes wrong it's a big impact."

## EPIC FLOODING

**3** Evacuees sit on a boat after being rescued from flooding from Hurricane Harvey on Wednesday in Port Arthur, Texas. GETTY IMAGES



## AMAZON HIT WITH SUIT OVER ECLIPSE GLASSES

**4** Amazon.com has been hit with a proposed class action lawsuit by a couple who claims defective eclipse glasses purchased through the online retailer damaged their eyes. In the lawsuit, filed in federal court in South Carolina on Tuesday evening, Corey Payne and his fiancée, Kayla Harris, said they purchased a three-pack of eclipse glasses on Amazon in early August, assuming that

the glasses would allow them to safely view the United States' first coast-to-coast total solar eclipse in a century on Aug. 21. Later that day, Payne and Harris began to experience headaches and eye watering. In the following days, they developed vision impairment, including blurriness and distorted vision, their lawsuit said. Amazon did not immediately respond to a request for comment on the lawsuit.

## NEW UBER CEO PROMISES CHANGE

**5** Uber Technologies Inc.'s new Chief Executive Dara Khosrowshahi told employees the company would change its culture and may go public in 18 to 36 months. Khosrowshahi, who led travel-bookings site Expedia Inc. for 12 years, made the remarks as he introduced himself to Uber's workforce on Wednesday during an all-staff meeting at its San Francisco headquarters. His plans

include rebuilding Uber's culture and growing market share as well as possibly conducting an initial public offering in 18 to 36 months, according to people who attended the meeting. It is common for venture capital-backed companies to signal an IPO at a vague time in the future. "This company has to change," Khosrowshahi told employees, according to the Twitter feed of Uber's communications team.

## SURVEY 15%

The latest Rasmussen Reports national telephone and online survey finds that 15% of likely U.S. voters rate the way Congress is doing its job as good or excellent.

Source: Pew Research





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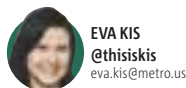
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# All play, no work

Whether it's cookouts, free concerts or summer bucket list items, here are the best things to do on Labor Day weekend.



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## Electric Zoo bugaloo

Everyone who's anyone on the electronic music scene will be at Randall's Island Park this weekend for three days of non-stop EDM at Electric Zoo. Headliners include DJ Snake, Above & Beyond, Sasha & John Digweed, Galantis and more spread across six stages themed to the city's boroughs. Sept. 1-3, \$110-\$800, [electriczoofestival.com](http://electriczoofestival.com)

## Try Korean-American barbecue

Irene Yoo starts with the recipes she learned from her Korean immigrant parents, then fuses them with other cuisines for her monthly pop-up dinner series Yooeating. This Saturday, it's time for a Korean American BBQ with riffs on everything from the classic summer cookout to Texas-style barbecue. Cash only, 5-8 p.m., Pete's Candy Store, 709 Lorimer St., Williamsburg, RSVP on Facebook

## Hold a bowling tournament

Because you can't settle anything with just one game, play unlimited rounds for three hours at Frames for \$24 per person on Labor Day. The stylish bowling lounge also has an arcade, pool tables and tons of other games, a new karaoke lounge and tons of food and drink options. 550 Ninth Ave., second floor;



Electric Zoo brings three days of EDM to Randall's Island. PROVIDED

## Theater District

### Hang ten at a rooftop surf shack

For beach vibes without leaving the city, head to the Arlo Soho hotel for the final weekend of Surf Shack. The rooftop bar will change themes after Labor Day, so catch your last 2-for-1 Summer Fridays drinks (2-6 p.m.), personal-size buckets of rum cocktails and an oyster and rosé station.

### Jason Derulo in concert — twice!

Start and end your Friday with "Talk Dirty to Me" singer Jason Derulo at two free concerts. First, he'll perform several songs for "Good Morning America" at Central Park's Rumsey Playfield from 7-9 a.m. (enter at 72nd Street and Fifth Avenue beginning at 6 a.m.). Then at 8 p.m., he'll

give another concert at the Samsung 837 performance space. Admission is free, and an RSVP will improve your chances of getting in but still get there early. [samsung.com/837](http://samsung.com/837)

### Bust that hangover

If at any point during all this fun you overindulge, head to the West Village's 2nd City. The Filipino taqueria will be serving up some of its most popular brunch dishes all day Sept. 2-4 like the hangover-busting Plan B-Rito (longanisa, egg, cheese, ham, hash browns, bacon, avocado, salsa. 525 Hudson St.

### Free hot dogs!

On Friday and Monday, swing by Handcraft Kitchen & Cocktails for a free hot dog with the purchase of any beer. 367 Third Ave., [handcraftnyc.com](http://handcraftnyc.com)

### Groove to the beats of Brazil

The second-largest celebration of Brazilian culture besides Carnival is always lit. Wear green and yellow to get in the spirit of BR Day on Sunday, when a million party people turn up for free concerts by musicians flying in for the fest, with tons of activities and booths spread along Sixth Avenue from 42nd Street to Central Park. 11 a.m.-6 p.m., stage at 43rd Street, free, [brazilianday.com](http://brazilianday.com)



### Take a deep dive into fashion

For the final weekend of the Met's street style exhibit Rei Kawakubo/Comme des Garçons: Art of the In-Between, the museum is dedicating its MetFriday to all things fashion. Come for a night of talks on what makes urban chic, create some art, see the work of top student designers from around the country, dance to beats by DJ Reborn and more. 5-9 p.m., 1000 Fifth Ave., free with admission

### Eat outdoors

The fall edition of Mad. Sq. Eats opens Sept. 2, bringing 24 vendors to Worth Square next to Madison Square Park for some ambiance with your street food. Newcomers include Regegrade Vice Parlour, a collaboration between Renegade Lemonade, Ice & Vice and Macaron Parlour that's sure to turn out something funky, plus Daa Dumplings, Chick'nCone and seasonal salad spot Farmstand. Through Sept. 29, 11 a.m.-9 p.m.

### Midnight movie

Make it a late one at Videology Bar & Cinema, whose midnight drinking game series takes on "Robocop" on Friday night. Tickets are \$12, and the bar is open with \$5 beer-and-shot specials, because this movie only looks more and more like our actual future by the day. 308 Bedford Ave., Brooklyn



Jason Derulo GETTY IMAGES

## Take a road trip

### Three reasons to leave the city, at least for a day.

#### Pick some apples upstate

The cider paradise that is Twin Star Orchards in New Paltz kicks off its apple-picking season Friday. After loading up your basket with nine varieties of apples, relax with cider tastings inside the property's Brooklyn Cider House, which also offers New York state wines and spirits. Or grab a wood-fired pizza or burgers on the farm's outdoor pavilion. To celebrate the holiday, there will be live jazz from 1-4 p.m. on Sunday. Picking prices \$10-\$25, 155 N. Ohioville Road, [twinstarorchards.com](http://twinstarorchards.com)

#### Get silly at the New York State Fair

Nowhere else is Americans' ingenuity when it comes to food on better display than at the annual New York State Fair, which is in its final weekend. Try midway delicacies like a bacon-potato par-fait and vegan milkshakes to go along with thrilling rides — new attractions include the fair's first-ever water ride (a dual-water-slide log flume) and the RC-48 steel roller coaster, which hikes you 70 feet high before a scream-worthy plummet. Plus tons of live music acts, agricultural displays and other blue-ribbon fun. 581 State Fair Blvd., Syracuse, [nysfair.ny.gov](http://nysfair.ny.gov)

#### See some heavy artillery

The Museum of American Armor is rolling out some of its relics for live field demonstrations for Tanker Weekend. Honoring the servicemembers who have fought in the armored divisions of the U.S. military, Tanker Weekend brings back to the field a Cold War M48 Patton tank, a WWII Sherman tank, a Pacific theater Stuart tank, an M18 Hellcat tank destroyer, along with halftracks, a British Bren Carrier and other tracked vehicles. Sept. 2-3, 10 a.m.-3 p.m., 1303 Round Swamp Road, Old Bethpage \$12, [museumofamericanarmor.org](http://museumofamericanarmor.org)



Twin Star Orchards makes its own ciders from nine apple varieties. PROVIDED



It's the last weekend of surf vibes at the Arlo Soho's rooftop bar. PROVIDED

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Volunteer rescue workers help a woman from her inundated home. GETTY IMAGES

# Storm-hit Houston strains from influx of evacuees as city's mayor demands aid

Harvey was the most powerful hurricane to hit Texas in more than 50 years.

Houston strained under the arrival of tens of thousands of people at city shelters fleeing submerged homes and flooded roads on Wednesday, while some incidents of

looting and armed robberies forced a midnight curfew.

City and regional officials showed signs of tension after working nonstop for a week or more on storm preparations and response, with Houston Mayor Sylvester Turner bluntly telling the U.S. Congress to quickly approve aid for victims of Tropical Storm Harvey.

Harvey has killed at least 25 people and forced 30,000 people to flee to emergency shelters. Damage has been estimated at tens of billions of dollars.

The Houston City Council voted on Wednesday to allocate \$20 million to storm recovery efforts, pulling the money from a rainy day fund, though that is an initial step and far more will be needed, officials said.

Texas Gov. Greg Abbott said the state could need federal relief topping \$125 billion, saying the region should get more than the amount Congress approved for Hurricane Katrina victims in 2005.

In Houston, police and other first responders have transitioned from rescue operations back to law enforcement, with Harris County DA Kim Ogg vowing to vigorously prosecute looters. At least 40 have been arrested for looting, including one person who allegedly drove a sport utility vehicle into a cash machine, Ogg's office said.

The surge in evacuees has been stressing resources in the fourth-largest U.S. city. As of Wednesday morning, Texas officials said close to 49,000 homes had suffered flood damage, with more than 1,000 destroyed. Thousands of other homes were threatened by two reservoirs swollen by as much as 52 inches of rain in some areas.

Officials ordered evacuations in several areas around levees or dams, but opted not to call for a mass evacuation, which could have led to chaos during the storm.

As Harvey began to dump rain and cause flooding, the city opened the George R. Brown Con-

vention Center last weekend. It planned to house 5,000 people, operating with the help of American Red Cross volunteers and others. The center's population quickly grew to double that capacity, as people streamed in from areas south and west of Houston.

At least one man was arrested in the convention center on Thursday after he tried to steal a cot and insulted police officers, according to video posted on social media.

Officials opened two more "mega" centers late Tuesday at the Toyota Center, home of the National Basketball Association's Houston Rockets, and NRG Park, part of the complex that hosted the 2017 Super Bowl.

As police responded to scattered incidents of looting and armed robberies, the mayor ordered a curfew from midnight to 5 a.m., which residents respected. There were no arrests for curfew violations on Tuesday night, police said.

There were at least 17 missing people as of Wednesday afternoon in Harris County, and a family of six, including four children, drowned inside a van in Houston during the storm, law enforcement officials said.

Houston Police Chief Art Acevedo said would-be looters impersonating police officers knocked on doors in at least two parts of the city telling residents to evacuate their homes.

"There's still some significant threats out there," Acevedo told a special session of the Houston City Council on Wednesday.

Late Tuesday, Harris County officials opened the shelter at NRG Park, which can house 10,000, and will be staffed in part by members of the National Guard.

On Wednesday afternoon, about 8,000 were at the nearly 2 million-square-foot Houston convention center, which had hosted evacuees in at least three prior storms. The population had dipped somewhat as other centers opened and some evacuees moved on. **REUTERS**

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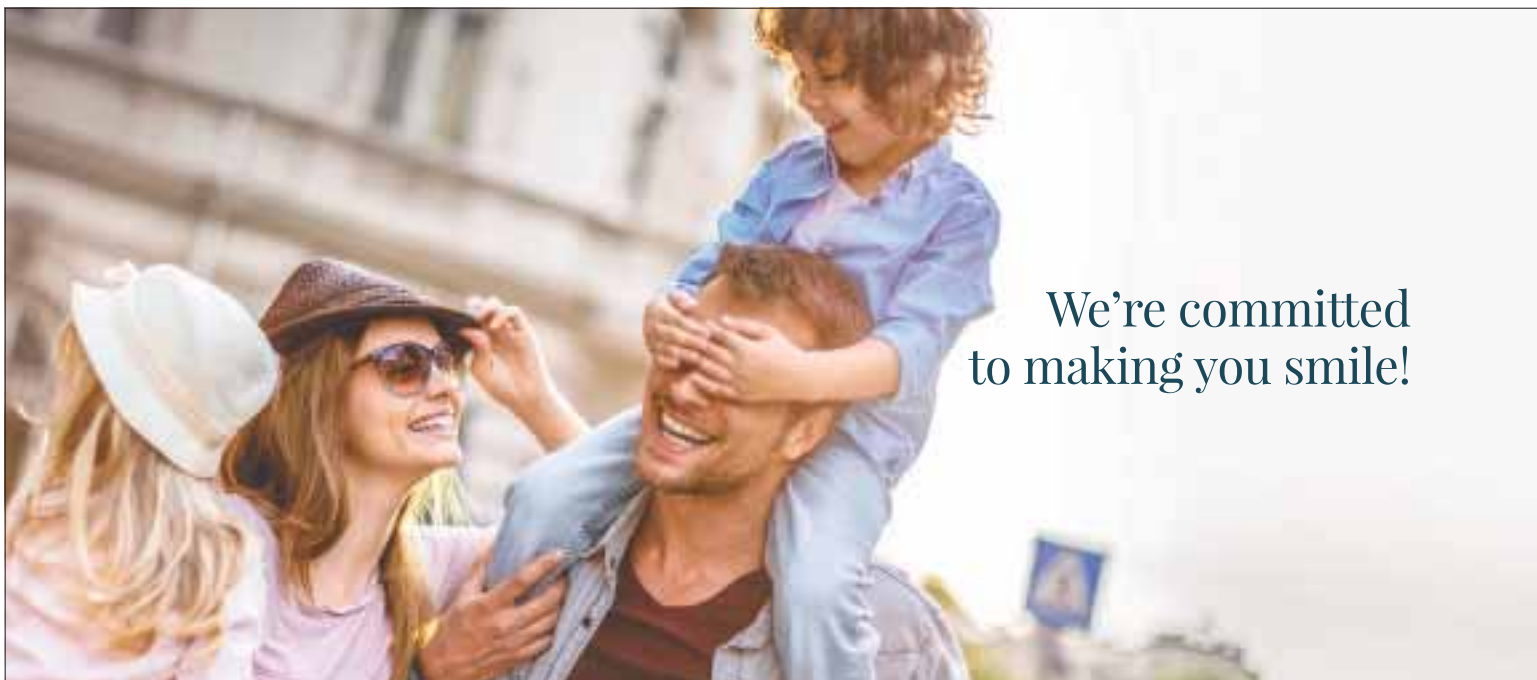
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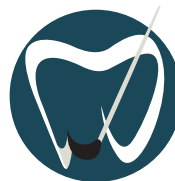
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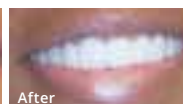
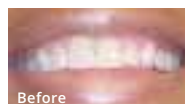
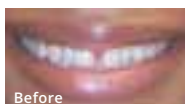
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Families evacuate their homes in Houston on Tuesday. GETTY IMAGES

# Attorney general gives tips on how to avoid Hurricane Harvey scammers

Scammers come out of the woodwork when disaster strikes to prey on the kindhearted. New York's AG has tips for spotting them.



NIKKI M. MASCALI  
@MetroNewYork  
nikki.mascali@metro.us

Tens of thousands of people are in desperate need of help after Hurricane Harvey's record-breaking rain caused massive flooding throughout Texas and the Gulf Coast.

While many states, such as New York, are sending physical help, millions of others are looking to help monetarily, which will certainly come in handy as rescue and recovery efforts continue.

But alongside those good Samaritans, unfortunately, come scammers looking to make a quick buck off all those open wallets.

"There are always some who attempt to take advantage of a tragedy to line their own pockets at the expense of those who are truly in need," New York Attorney General Eric T. Schneiderman said in a statement Wednesday.

In an effort to educate New Yorkers and others who want to give to charitable organizations helping those affected by Hurricane Harvey, here are a few tips Schneiderman suggests:

**Research the organization**  
Make sure you are familiar with it, its mission and effectiveness before donating. Always seek information in writing, and be wary if it does not provide info about its programs and finances if asked. Visit Chari-

tiesNYS.com to see if it's registered or to learn more.

**Know where your dollars go**

Ask what the charity will do with your donation — and excess money it may raise as well. The organization's financial reports will have information about donation spending. And again, be wary if the organization does not give specifics if asked.

**Seek out established organizations**

Make your donation to charities you recognize or that have experience in assisting in disaster relief, such as that for Hurricane Harvey. Research ones that have popped up in the wake of Harvey before giving.

**Use caution with telephone solicitations**

Phone solicitors often call on behalf of organizations registered with the Charities Bureau, and if you do want to make a donation through them, you should ask if the charity is registered and how much of their donation total will go to Hurricane Harvey relief. And don't forget, you have the right to hang up if you don't think it's legit.

**Check before you text**

Verify via a charity's website or by phone if it has authorized text message contributions. Often with text donations, the charity may not receive your donation until your phone bill is paid, so giving directly to the organization may be the faster way to help out.

**If it's fishy, flag it**

If you think you've spotted a scammer, contact the AG's Charities Bureau at charities.com, complaints@ag.ny.gov or call 212-416-8401.

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# Rider forgives man who punched him yelling, 'I hate white people'

"I'm not blaming him ... if I was a betting man, I'd say this boy has never gone fishing with his father," the victim said.



NIKKI M. MASCALI  
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An 84-year-old man who was punched in the head by a fellow strap-hanger who yelled, "I hate white people" last week told the New York Daily News he doesn't condemn his attacker.

"I'm not blaming him, I'm blaming the societies that put him in this situation," John Stewart said Tuesday. "I think our society really has to get it together and ask real honest questions. There are a lot of hurting people out there."

After boarding a J



The attack allegedly occurred after an 84-year-old's cane fell on a fellow rider's legs. WIKIMEDIA

train at Sutphin Boulevard-Archer Avenue in Jamaica, Queens, on Aug. 23, Stewart was trying to hold both his cane and a pole when the cane fell onto the legs of a rider believed to be in his mid-20s.

When the train arrived at Woodhaven

Boulevard, the man stood up, struck Stewart in the side of the head and yelled, "I hate white people, and I hope they burn in hell!"

Stewart exited the J train at Kosciuszko Street and called Peter Nicotra, his pastor at Grace Baptist Church in

Woodhaven, who took him to the hospital, where he was treated for bruises and swelling.

Police sources told the Daily News that a 17-year-old witness called 911. She later told police that Stewart had boarded the train with a cane and rolling suitcase, and the suspect took the cane and threw it, allegedly unprovoked.

She said she picked up Stewart's cane and gave it back to him, after which the suspect punched Stewart and another unidentified man.

Sources said that Stewart initially didn't want to report the incident to police, but did so five days later after being urged by a friend who is a retired NYPD chief.

"If I was a betting man, I'd say this boy has never gone fishing with his father," Stewart told the Daily News.



Enjoy your last summer Friday, New Yorkers. ISTOCK

## What to expect from the MTA this Labor Day weekend

Labor Day weekend is nearly upon us, and the MTA has good news for New Yorkers looking to make the most of their last "summer Friday."

On Friday, the Long Island Rail Road will add nine additional afternoon trains to Jamaica from Penn Station.

There will also be 17 extra Metro North trains leaving Grand Central Terminal between 1 p.m. and 4 p.m. Friday afternoon.

On Monday, Sunday service will be in effect on the Hudson, Harlem and New Haven lines, while the Port Jervis and Pascack Valley lines will operate on weekend service.

If you're staying in the city this holiday weekend, both buses and subways will operate on Sunday schedules on Labor Day.

The Clark Street Tunnel Closure service plan will be in effect, the agency said, and 2 and 3 train service in Brooklyn will be suspended.

Service on the 4 train will extend to New Lots Avenue to replace the 3 train, while 5 trains will extend to Flatbush Avenue-Brooklyn College to take place of 2 trains.

Because of the J'Ouvert Parade, 5 trains will skip the Church Avenue station from 6 to 8 a.m. on Monday. NIKKI M. MASCALI

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# Planned Service Changes



## WEEKENDS

**11:45 PM Fri to 5 AM Mon**  
**Aug 11 – 14, Aug 18 – 21, Aug 25 – 28,**  
**Sep 1 – 5\*, Sep 8 – 11**

**\*11:45 PM Fri to 5 AM Tue (includes Labor Day)**

**No trains between Ditmars Blvd and Queensboro Plaza**

**Free shuttle buses provide alternate service**

**N trains operate between Coney Island and Queensboro Plaza**

### Travel Alternatives:

- Free shuttle buses make all **N** station stops between **Ditmars Blvd** and **Queensboro Plaza**.
- Transfer between **N** or **7** trains and shuttle buses at **Queensboro Plaza**.
- For LaGuardia Airport, take the LaGuardia Link Q70 SBS via transfer at **61 St-Woodside 7** or **74 St-Roosevelt Av E F R 7**.

### Stay Informed

Call 511 and say “Current Service Status,” look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

# More Charlottesville-style race riots coming under Trump, says NAACP leader

"We are in trying times" that the administration has created, he said.

MICHAEL MARTIN  
@MetroNewYork  
letters@metro.us

The leader of the country's biggest civil-rights group said that more racial violence, like the kind seen in Charlottesville, is likely because President Donald Trump has "created an atmosphere" that emboldens white supremacists.

"There will be many Charlottesville's," said Derrick Johnson, the interim president of the NAACP in a speech to the National Press Club in Washington, D.C. on Tuesday. He was referring to the violent rally by white nationalists in Virginia this month, where a woman was

killed when a neo-Nazi rammed a crowd of anti-racism demonstrators with a car.

After the events — which began with white nationalists demonstrating against the removal of a Confederate statue — Trump drew widespread condemnation for defending the hate groups, causing their leaders to claim him as a supporter on social media.

"We are in trying times," said Johnson. "Unfortunately, this administration has created a climate where ... [hate groups] feel comfortable to walk in public without the hoods anymore."

Since then, Trump has stirred the pot further by criticizing those who call for Confederate statues to be removed, equating Confederate leaders to George Washington and Thomas Jefferson.



An image of Peter Cvjetanovic (center) participating in the Charlottesville white nationalist rally went viral on social media. GETTY IMAGES

Johnson said he supported the movement to remove the statues and that they should not be financed by taxpayers. "We believe people have the right to have monuments, but it should not be financed by public

dollars on public display," said Johnson. "It's OK to relocate them in a museum or a cemetery. I prefer cemetery."

In his remarks, Johnson also noted that the NAACP's travel advisory warning African-

Americans to exercise "extreme caution" when visiting Missouri remains in effect. The advisory was set after the state legislature made it more difficult for minorities to win employment or housing-discrimination

lawsuits. Business leaders have complained that the advisory is hurting the state's economy.

"We're not telling people not to go" to Missouri, said Johnson, but that "you travel at heightened risk."

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Date: Wednesday, September 6, 6:00–7:30 pm.

Presenters: Douglas Levine, MD; Shabnam Asgari, MS, CGC; Tara McAteer, LCSW-R, ACSW, OSW-C.

Location: NYU Langone Health.  
550 First Avenue, Smilow Research Center, 1st Floor Seminar Room.

Info: This lecture is free and open to the public, but you must RSVP. To attend, email [cancerevents@nyumc.org](mailto:cancerevents@nyumc.org) or call 212-263-2266.

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# Planned Service Changes



## WEEKEND

**11:45 PM Fri to 5 AM Tue**

**Sep 1 – 5 (includes Labor Day)**

*Coney Island-bound* **F** trains are rerouted via the **E** from Roosevelt Av to W 4 St, then via the **A** to Jay St-MetroTech

Use *179 St-bound* **F** and/or **D** **J** **L** **4** local and **6** trains to complete your trip

### Key transfer points and available service:

- **Roosevelt Av:** **7** **F**
- **Lexington Av-53 St/51 St:** **4** local and **6**, *Coney Island-bound* **F**
- **7 Av:** **D** and *Coney Island-bound* **F**
- **34 St-Herald Sq and 47-50 Sts:** **D** and *179 St-bound* **F**
- **14 St/8 Av:** **L** and *Coney Island-bound* **F**
- **W 4 St:** **D** and **F** in both directions
- **B'way-Lafayette St:** **4** local, **6**, **D**, and *179 St-bound* **F**
- **Fulton St:** **4**, **5**, and *Coney Island-bound* **F**
- **Jay St-Metro Tech:** **F** in both directions
- **Delancey St and Fulton St:** **J** and *179 St-bound* **F** (Delancey St) or *Coney Island-bound* **F** (Fulton St)

### Stay Informed

Call 511 and say "Current Service Status," look for informational posters in stations, or visit [mta.info](http://mta.info) – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

# Contraception deception: The hidden dangers of birth control and tampons

Metro writer Cassie Hepler examines the darker side of birth control and feminine hygiene products.



CASSIE HEPLER  
@MetroNewYork  
letters@metro.us

"The only thing that belongs up a woman's vagina is a man's penis," said the family matriarch of feminism, my 96-year-old grandmother.

Modern ladies might argue this phrase, but considering she seems to be outliving her friends, she may be onto something.

A phone call to Procter & Gamble shed more light on the matter. P&G's Always Infinity uses an absorbent foam which is proprietary, while the Always Maxi has used cellulose since the 1920s.

P&G's Tampax is made of cotton, rayon, polyester, polyethylene, and polypropylene (plastics), while the string is cotton or polyester braided. Some are plastic.

P&G and Kimberly Clark (makers of Kotex) did not share ingredients until 2015 after customer pressure — and are still not listing those "proprietary" ingredients.

Many mainstream maxi pads are made with bleached cotton, plastic liners and ingredients like rayon (a synthetic made from sawdust and a by-product of it is dioxin, which the EPA says is likely carcinogenic) that



Birth control often comes with unwanted side effects. GETTY IMAGES

can irritate the delicate female reproductive system. Don't believe me? Burn one. All that black smoke and thick residue indicate the pad may contain dioxins, synthetic fibers, and petrochemical additives.

Your skin is the largest and thinnest organ in your body. Less than one-tenth of an inch separates your body from potential toxins. And skin is highly permeable — especially the skin in and around the vagina. Because tampon and sanitary pads are considered "medical devices," manufacturers aren't required to disclose all ingredients.

Ten years ago, House Representative Carolyn

Maloney introduced legislation requiring research into the potential health risks of feminine hygiene product use, including cervical, ovarian and breast cancers and endometriosis. Unfortunately, the legislation failed to pass with no further research. The FDA says no expected health risks are associated with trace amounts of dioxins in tampons. So blindly trust the government? Pass. It's not just about pads and tampons; it goes deeper than that.

According to Planned Parenthood, birth control use is "nearly universal," with 99 percent of all sexually experienced women using it at some point. And although

it's got its good points — a Guttmacher study found that contraception allows 63 percent of women interviewed to take better care of themselves or their families — it comes with a slew of warnings about negative health effects.

A high school friend, still in her 30s, has to take bone building pills every day due to being on the birth control Depo-Provera, an injection women get once every three months which contains the hormone progesterone. A listed side effect includes osteoporosis, while progestins in high doses can cause blood clots, heart attacks, strokes, problems of the liver, eyes and although

rare, death. A family member was also on the Depo shot, and is now facing a hysterectomy after going through a medley of uterus problems.

And it's not just the Depo shot, it's birth control pills too. Some women have to take it for health reasons such as fibroids, the most frequent tumors in or around the uterus. Several factors could influence their formation, such as hormones and family history.

Isn't it funny how men only have one form of birth control? One that causes no side effects except maybe a latex allergy. It's almost as if women are guinea pigs. And my grandma was right all along.

## COLLEGE

### Porn site is offering free memberships for college students

Porn site Brazzers.com understands that the cost of living for a college student can be expensive, and they want to help out by offering free memberships to their website, just in time for the new school year.

The Brazzers Back-to-University program offers college students in the U.S. a free four-month premium membership to their website. Just like any other adult site, you have to be at least 18 years old to get access.

To get a free four-month membership to Brazzers, you need to submit a photo of yourself holding your current college ID showing your date of birth. If your student ID doesn't show your date of birth, you need to submit a second piece of ID.

The deadline for this special offer is Sept. 5, so it's probably best that you hurry up and apply.

According to the Brazzers application page, the porn platform is only giving out 5,000 memberships, and they will notify you if you're selected.

If the thought of a free porn subscription isn't enough to release the tension of being a busy college student, the site has another offer that involves a little more work.

If you submit a short essay titled "How Brazzers Will Help Me Graduate," along with your college ID and birthdate, you will be entered to win a free porn subscription for 25 years.

If you're a college student who enjoys watching adult entertainment from Brazzers, and you also like free things, this offer is a no-brainer. A membership to Brazzers usually costs \$29.99 per month for premium access, so you can save about \$120 if you sign up for the offer. You can use the extra cash for late-night snacks and other things.

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DR. KEVIN ENDE, MD

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# Why Knee Arthritis Sufferers Of Almost All Ages Are New York Doc's Merge Best of High Tec

*Fraction of the cost, minimal risk and  
Hundreds of arthritis sufferers from tri-state area calling weekly*

By Matt Edgar

*America's Health Writer*

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possible"*

## What is the "correct treatment?"

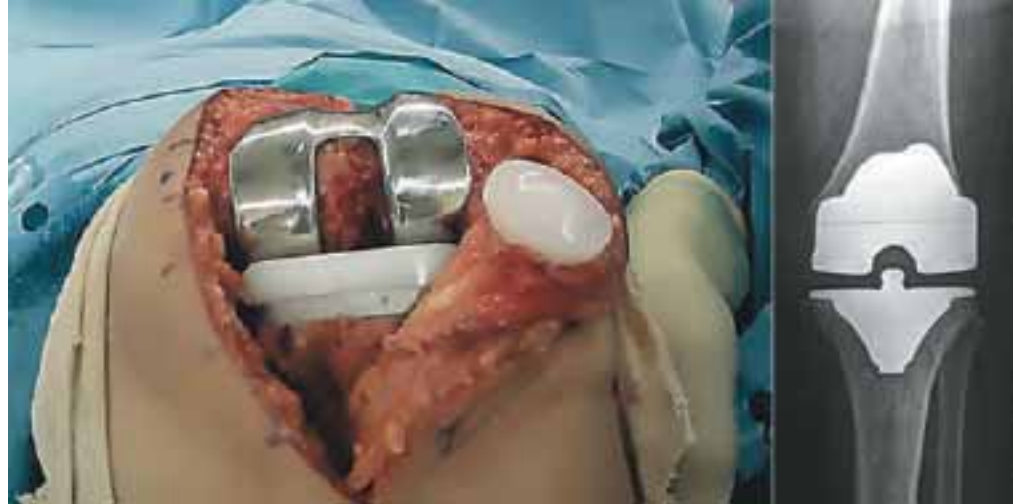
*"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.*

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without *Precision Arthritis Targeting* (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without *Precision Arthritis Targeting Technology* and did not get good results - this may be why.



**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



## Normal Pain-Free Knee Joint

### Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



## Knee With Painful Arthritis

### Pain -

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



## Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

### Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



## Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology

### Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.



# Choosing Newest Medical Procedures Before Surgery h Medicine And All Natural Treatments

*little to no downtime amongst top reasons.*

*to find out if treatment is right for them...Often covered by insurance.*

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the **NY Pain MD** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

## Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

## Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

## Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

## Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

*"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

**NY Pain MD** is a state of the art medical facility offering the best technology.



**Advanced Medical Technology Can Make All The Difference:** This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

## And that's not all :

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries."* added the director.

## How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

## Many Insurance Plans Participate:

Most Out-Of-Network Insurance Plans  
United Healthcare In & Out Of Network (except the Community Plan) Traditional Medicare • AARP  
Medicare Most Union Plans • Transit Worker Plans  
Work Related Injuries/Work Comp  
Auto Accident plans  
Out of network:  
Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue  
Cross Blue Shield & others  
\*EZ payment plans and financing also available

All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

**Call: 8 0 0 8 8 5 K N E E (5633)**

## Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

If you answered yes to any of these questions - give **NY Pain MD** a call and schedule your no obligation knee pain screening

**NYC**  
**PAIN MD**

**800-885-KNEE (5633)**



You can help Houstonians by making donations to organizations like the Red Cross and the Hurricane Harvey Relief Fund. **GETTY**

# Where to give to victims of Hurricane Harvey

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You can help out Houstonians from afar by making online donations at these relief organizations.



**KATE MOONEY**  
@yatinbrooklyn  
[kate.mooney@metro.us](mailto:kate.mooney@metro.us)

As you look forward to the long holiday weekend, with its promise of beach days, BBQs and binge-watching, take a second to realize how lucky you are not to be stuck in a flooded home, waiting for someone to rescue you via boat. After you let that feeling sink in, take five minutes and donate some money to Houstonians displaced by Hurricane Harvey. Even though you're far away, there are plenty of organizations taking financial contributions through their websites. Below, a list:

### The Hurricane Harvey Relief Fund

Houston mayor Sylvester Turner and the Greater Houston Community Foundation have set up this fund, which is accepting tax-deductible flood relief donations to Houstonians affected by Harvey. Just enter in your billing info at their website and select the dollar amount (minimum donation \$10). [ghcf.org/hurricane-relief](http://ghcf.org/hurricane-relief)

The United Way of Houston has established a relief fund that will go towards providing food, supplies, shelter and, down the line, home repair. Donate at [unitedwayhouston.org](http://unitedwayhouston.org) or text UWFLOOD to 41444.

The Houston Food Bank and Corpus

Christi Food Bank are both seeking donations to help provide food and supplies to those displaced by the storm. For every dollar you give, you're providing up to seven meals. Visit their websites and you'll be directed to a PayPal link. [Houstonfoodbank.org](http://Houstonfoodbank.org), [foodbankcc.com](http://foodbankcc.com).

You can donate to the American Red Cross on their website, or just text HARVEY to 90999 to give \$10 (you'll see the charge on your next phone bill). [redcross.org](http://redcross.org).

To donate to the Salvation Army, call 1-800-SAL-ARMY, text



A volunteer helps a woman and her dog boat to dry land. **GETTY**

STORM to 51555, or visit [disaster.salvationarmyusa.org](http://disaster.salvationarmyusa.org).

Texas Diaper Bank will provide diapers and wipes to families in need. You can either make a financial contribution online that will go towards the supplies, or mail some yourself, to 5415 Bandera Road, Suite 504, San Antonio, Tex., 78238. [Texasdiaperbank.org](http://Texasdiaperbank.org).

And finally, to help animals in need of shelter from the flood: you can donate to The Houston SPCA and the Houston Humane Society, as they take in cats, dogs and other creatures displaced by the storm. [houstonspca.org](http://houstonspca.org), [houstonhumane.org](http://houstonhumane.org).



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# Putting the Catskills in reach



This could be your backyard for the weekend. PROVIDED

A new bus service gets you upstate fast, and in style. Here's what to do when you get there.

ANDREA PARK  
@MetroNewYork  
letters@metro.us

They're no Hamptons, and regular visitors to the Catskills would like to keep it that way. But weekenders who go upstate will find it easier than ever to access the Catskills' rustic charm thanks to a new Jitney-like service called Catskill Carriage, a luxury bus service that runs from Brooklyn and Manhattan to four towns in the region.

Founder Gabriel Brodbar, who was born and raised in Brooklyn, says he fell in love with the Catskills as a kid, and bought his own

home there a decade ago. That's when he realized how inconvenient it was for friends and family to visit.

"There's no trains, so if you don't have a car, you only have one option — the Port Authority — and what an unpleasant experience that was," he explains.

The new buses feature nearly fully reclining seats, complimentary Wi-Fi, power outlets, spacious bathrooms and one very sweet touch: each passenger receives a slice of local apple pie, baked by Brodbar's mother-in-law. Catskills native Aimee Quick, Brodbar's wife, keeps things running smoothly as the hostess.

Buses pick up passengers from New York Distilling Company in Williamsburg and Barcelona Bar in Hell's Kitchen

for the approximately two-hour ride, with drop-offs in Monticello, Callicoon, Livingston Manor and Roscoe. The service only runs weekends.

Besides the incredible hiking, whitewater rafting and gorgeous mountain lakes for fishing and swimming, the Catskills offers plenty of ways to escape the city. We asked Brodbar for some of his favorite things to do in his neck of the mountain range, Livingston Manor.

## Dining

"I love the restaurant at the Arnold House," he says referring to the Tavern, which has been around for over 50 years and draws a lively crowd prone to spontaneous sing-alongs. "I eat there constantly."

He also recommends the nearby Beaverkill

Valley Inn's farm-to-table restaurant, where chef Galen Sampson grows much of the produce on the property.

## Lodging

Husband and wife team Sims Foster and Kirsten Harlow Foster have reimagined what it looks like to stay in Livingston Manor with their set of luxury boutique hotels: the Arnold House and the new DeBruce Inn. "The DeBruce is a really beautifully renovated old-school hotel," says Brodbar.

The Fosters' latest opening is the highest-end of the hotels, but all of the inns blend rustic charm and hipster aesthetics; between mid-century furniture, quirky artwork and claw foot bathtubs, making them perfect for drool-worthy Instagram posts.



Apple Pond Farm  
FACEBOOK

## Things to do

Commune with nature by casting a line in the Catskill Flyfishing Center's creek, or doing some light farm work like milking goats and feeding chickens at Apple Pond Farm. Exhibits at the Catskill Art Society Art Center rotate monthly and often feature local artists, plus a pottery studio and even art classes should the creative spirit strike you.



Arnold House  
PROVIDED

## Libations

The Catskills are a great destination for beer lovers. Livingston Manor is home to Catskill Brewery. "I'm an absolute beer snob and it's the best I ever had," said Brodbar. "I even had their Devil's IPA at my wedding."

Brodbar also recommends The Kaatskiller for wine and beer by the fire pit with a couple of their acclaimed pizzas. Prohibition Distillery is a short ride away in Roscoe for bourbon and gin as well as a lively outdoor cafe.

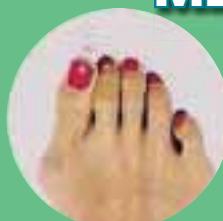
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This building is being constructed through the New Housing Opportunities Program (NEWHOP) of the New York City Housing Development Corporation and the Mixed Income Rental Program (MIRP) of the New York City Department of Housing Preservation and Development.

### Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

A percentage of units is set aside for:

- Mobility-disabled applicants (5%) • Vision- or hearing-disabled applicants (2%)

Preference for a percentage of units goes to:

- Residents of **Bronx Community Board 1** (50%)\* • Municipal employees (5%)

\* Up to half of CB preference units may be allocated through referrals of applicants from city agencies

## AVAILABLE UNITS AND INCOME REQUIREMENTS

Unit Size	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> (Minimum – Maximum) <sup>4</sup>
Studio	\$788	3	→ 1 person	\$29,349 – \$40,080
1 bedroom	\$847	16	→ 1 person	\$31,509 – \$40,080
			→ 2 people	\$31,509 – \$45,840
2 bedroom	\$1,025	16	→ 2 people	\$37,749 – \$45,840
			→ 3 people	\$37,749 – \$51,540
			→ 4 people	\$37,749 – \$57,240
3 bedroom	\$1,182	6	→ 3 people	\$43,852 – \$51,540
			→ 4 people	\$43,852 – \$57,240
			→ 5 people	\$43,852 – \$61,860
			→ 6 people	\$43,852 – \$66,420

Unit Size	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> (Minimum – Maximum) <sup>4</sup>	Maximum Allowable Income
Studio	\$1,085	1	→ 1 person	\$39,532 – \$73,480	\$86,840
1 bedroom	\$1,367	10	→ 1 person	\$49,338 – \$73,480	\$86,840
			→ 2 people	\$49,338 – \$84,040	\$99,320
2 bedroom	\$1,649	10	→ 2 people	\$59,143 – \$84,040	\$99,320
			→ 3 people	\$59,143 – \$94,490	\$111,670
			→ 4 people	\$59,143 – \$104,940	\$124,020
3 bedroom	\$1,902	4	→ 3 people	\$68,538 – \$94,490	\$111,670
			→ 4 people	\$68,538 – \$104,940	\$124,020
			→ 5 people	\$68,538 – \$113,410	\$134,030
			→ 6 people	\$68,538 – \$121,770	\$143,910

Unit Size	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> (Minimum – Maximum) <sup>4</sup>
Studio	\$958	3	→ 1 person	\$35,178 – \$66,800
1 bedroom	\$1,208	33	→ 1 person	\$43,886 – \$66,800
			→ 2 people	\$43,886 – \$76,400
2 bedroom	\$1,458	33	→ 2 people	\$52,595 – \$76,400
			→ 3 people	\$52,595 – \$85,900
			→ 4 people	\$52,595 – \$95,400
3 bedroom	\$1,683	13	→ 3 people	\$61,029 – \$85,900
			→ 4 people	\$61,029 – \$95,400
			→ 5 people	\$61,029 – \$103,100
			→ 6 people	\$61,029 – \$110,700

Unit Size	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> (Minimum – Maximum) <sup>4</sup>	Maximum Allowable Income
1 bedroom	\$1,525	6	→ 1 person	\$54,755 – \$80,160	\$86,840
			→ 2 people	\$54,755 – \$91,680	\$99,320
2 bedroom	\$1,838	6	→ 2 people	\$65,623 – \$91,680	\$99,320
			→ 3 people	\$65,623 – \$103,080	\$111,670
			→ 4 people	\$65,623 – \$114,480	\$124,020
3 bedroom	\$2,120	3	→ 3 people	\$76,012 – \$103,080	\$111,670
			→ 4 people	\$76,012 – \$114,480	\$124,020
			→ 5 people	\$76,012 – \$123,720	\$134,030
			→ 6 people	\$76,012 – \$132,840	\$143,910

<sup>1</sup> Tenant pays electricity. <sup>2</sup> Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria. <sup>3</sup> Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change. <sup>4</sup> Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply. \* Preferred Max candidates will be considered first for available apartments

### How Do You Apply?

Apply online or through mail. To apply online, please go to [nyc.gov/housingconnect](http://nyc.gov/housingconnect). To request an application **by mail**, send a self-addressed envelope to: **Crossroads I Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

### When is the Deadline?

Applications must be postmarked or submitted online no later than **October 30th, 2017**. Late applications will not be considered.

### What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

#### Español

Presente una solicitud en línea en [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **Crossroads I Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **30 de octubre 2017**.

#### 簡體中文

访问 [nyc.gov/housingconnect](http://nyc.gov/housingconnect) 在线申请。如要索取本广告及申请表简体中文版，请将您的回邮信封寄送至：**Crossroads I Plaza, 87-14 116th Street, Richmond Hill, NY 11418**。信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请 **2017 年 10 月 30 日**。

#### Русский

Чтобы подать заявление через интернет, зайдите на сайт: [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу: **Crossroads I Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на конверте) не позднее **30 октября 2017**.

#### 한국어

[nyc.gov/housingconnect](http://nyc.gov/housingconnect)에서 온라인으로 신청하십시오. 더 광고문과 신청서를 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **Crossroads I Plaza, 87-14 116th Street, Richmond Hill, NY 11418**으로 보내주세요. 봉투 뒷면에 "KOREAN"이라고 영어로 적어주세요. 2017년 10월 30일 까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내주세요.

#### Kreyòl Ayisyen

Aplika sou entènèt sou sitwèb [nyc.gov/housingconnect](http://nyc.gov/housingconnect). Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anviwop li gen adrès pou retounen li nan: **Crossroads I Plaza, 87-14 116th Street, Richmond Hill, NY 11418**. Nan deyè anviwop la, ekri mo "HAITIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tanbra yo anvan dat oktòb 30, 2017.

#### العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني [nyc.gov/housingconnect](http://nyc.gov/housingconnect). للحصول على ترجمة باللغة العربية لهذا الإعلان والنموذج الطلب، أرسل إلى: **Crossroads I Plaza, c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. على الوجه الخلفي للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو قبلها بوقت عربي قبل 30 أكتوبر، 2017.

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# 'Goon: Last of the Enforcers' is bigger, more boorish

And almost as much fun as the first movie.

**GREG WAKEMAN**  
@MetroNewYork  
[gregory.wakeman@metro.us](mailto:gregory.wakeman@metro.us)

There was no need for "Goon: Last of the Enforcers." As much as the 2011 original was a visceral, hilarious, and a surprisingly heartfelt sports comedy, it firmly felt like a one-off. But even though "Last of the Enforcers" isn't as smooth or impactful as its predecessor, debut director Jay Baruchel finds merit in the sequel by making it broader, stupider and bloodier.

Not every joke lands. In fact, some are so crude you'll immediately wince at them. But they still arrive on a frequent enough basis, mostly because its cast is so comedically adept. Surprisingly, Baruchel is also able to create several



Director Jay Baruchel and Seann William Scott team up for the comedy sequel. MOMENTUM PICTURES

rousing fight sequences too, which are much more gruesome this time around and while the plot might be laughably simplistic, it still delivers the necessary guffaws, violence, and drama to just about please.

"Goon: Last of the Enforcers" starts off with Doug "The Thug" Glatt (Seann William Scott) being decimated in a fight against Anders Cain (Wyatt Russell) to such an extent that he has to retire. With his wife Eva (Alison Pill) pregnant, Doug decides to take a new job working as an insurance salesman, but quickly finds himself being dragged back into the world of hockey. After spotting his old rival

Ross "The Boss" Rhea at the hockey fighting league, the duo start to train together, and Doug immediately has his sights on returning to the game. Especially so that he can get his revenge on Anders Cain.

"Goon: Last of the Enforcers" is far from perfect. While Wyatt Russell is imposing and effective as Anders Cain, the strained relationship with his father/owner of the Halifax Highlanders Hyrum Cain (Callum Keith Rennie) is completely unnecessary and only convolutes matters. Especially since its various other sub-plots pile up in the second act as Baruchel looks to find screen-time for Liev Schreiber, Ali-

son Pill, Elisha Cuthbert, Marc-Andre Grondin, Kim Coates, Jason Jones, T.J. Miller, and himself.

Sure, it is clunky, and tries too hard to be outlandish, but "Goon: Last of the Enforcers" veteran comedic cast manage to paper over these cracks, while Baruchel skims the right dramatic notes to make its impact just about land. Ultimately though, despite the fact that its more brutal fight sequences actually make it more eye-catching, the broader approach means that it doesn't quite match-up to its grittier and more compelling predecessor. In fact, it makes it more of a gentle slap than a jaw-breaking punch.

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# Let's get soaking wet

Fort Lauderdale has miles of shoreline and waterways — here's your guide to getting out on the water.

ED CONDRAN  
@MetroNewYork  
letters@metro.us

With three quarters of Florida surrounded by water, they've found plenty of ways to enjoy the ocean.

Though Fort Lauderdale has plenty of on-land culture, art and good eating, there's a myriad of water-based activities, from the gentle Atlantic Ocean waves to the meandering waterways of the Intracoastal. Even with autumn on the horizon, the turquoise-colored ocean remains warm throughout September, with the bonus of lower humidity.

## Ride the waves

Paddleboarding is very popular in South Florida. Whether you're an enthusiastic beginner or an expert upright paddler, Fort Lauderdale Stand Up Paddle (\$35/hour for a paddleboard, \$55 for a

class) rents boards, helps beginners hit the water and sets up classes like SUP yoga and Pilates.

Want to learn how to hang ten? EZride Surf School offers lessons at a variety of beaches for all ages. Novices are welcome, but the surf school also works with those advanced who hope to learn the nuances of the sport.

Water skiing might be old school but it's still a blast. Learn how on Crystal Lake courtesy of LTS Wakeboard and Waterski (\$100-\$200). Instructors work with beginners and those advanced enough to take advantage of the pair of water ski slalom courses.

## Ramp up the speed

If you're all about speed, rent a WaveRunner. Unlike driving a car, it takes about 15 minutes to get the hang of it. Aloha Watersports provides WaveRunners (\$65-\$75) as well as parasailing packages (\$75-\$190) for those who would like to soar above the ocean.

If you want to experi-

ence top speed as a passenger, board the 35-foot Cigarette Offshore Race Boat, which packs 1,500 horsepower and travels over 100 mph over the water. Millionaire's Concierge provides the thrill.

For those who would like to hit the open water while taking it easy, there's the option of sailing down Millionaire's



Tropical Sailing PROVIDED

Row on the Intracoastal Waterway by booking with Island Queen Cruises (\$28 adults, \$22 kids) Opulent homes and massive yachts can be ogled during a 90-minute cruise, which travels south to Biscayne Bay for views of the Miami skyline.

## Meet the natives

The wildlife off Fort Lauderdale can be experienced by kayak. You can go on your own or book a guided tour of rivers, tidal creeks and wetlands. Atlantic Coast Kayak Company (\$16-\$48) offers a free lesson with every rental.

For those who like to fish and kayak, you can do both with Deep Blue Kayak Fishing (\$295).

Head out in a group and fish for tuna, sailfish and mahi mahi.

Great snorkeling can be had just off the coast of Fort Lauderdale. Book early if you're looking to visit the natural coral reef, which is a half-mile off the shore and part of the third largest barrier reef on the planet. The tour, which can be booked via Tropical Sailing (\$50 adults, \$25 kids).

One of the most memorable experiences you can have off the coast of Fort Lauderdale is scuba diving. In less than an hour, you'll learn the basics in a pool with a small group at Private Scuba Lessons (\$95-\$899).



Pay attention to the presentation! Or let your mind wander. PROVIDED

## Where to stay

Whether you have a busy day at the beach planned or just getting in some early morning surfing and late-night cruises between business meetings, a great base for your adventure is sits right on the shoreline.

The Sonesta Fort Lauderdale Beach offers oceanfront views from every room, including its on-site restaurant Bistro. Serving the bounty of the sea it overlooks, you can opt for dishes like seared scallop linguini and shrimp and grits, alongside regional favorites like Creole mac and cheese with Andouille sausage. And there's a complementary treat each day, ranging from Charcuterie Monday to Tapas Thursday.

The AAA Four Diamond-rated oceanfront hotel has plenty to offer business travelers. There are plenty of venues for multiple groups, including the oceanfront Breeze Terrace and Penthouse-level meeting rooms with floor-to-ceiling windows overlooking the beach.

There are six function rooms with a total of 8,000 square feet of space for those who would like to combine business and pleasure. Whether you would like a straightforward vacation or if you're looking for the right environment to boost your business, the Sonesta Fort Lauderdale Beach has the services you're looking for.





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# A test of survival

Belize will raise your adrenaline, so get ready for serious adventure.

## Fodor's Travel

A trip to San Ignacio, Belize, isn't just a vacation — it's a heart-pounding escape.

I don't necessarily consider myself an adventurer. But after having the opportunity to explore San Ignacio, Belize, go ahead and put me on the same page as the leading heroes of Hollywood. I didn't quite fall into a pit of insects, but there were tarantulas! Dark, tight caves and ancient Mayan ruins! Horse rides through the jungle!

Looking for an exhilarating adventure with all the trimmings of a luxury

vacation? San Ignacio summons you.

### Where Mayans played murderball

A stroll through Cahal Pech — one of several ancient cities filled with ruins that can be toured in Belize — reveals the Mayan civilization was incredibly advanced. Sights include intricate hallways, a steam room, and, oh yeah, a sports arena where the ancient peoples engaged in a game that sounds something like a deadly mix between rugby and basketball. Players used shields to protect themselves from a bone-breaking rubber ball, and the losing team was sacrificed to the gods.

### No turning back on this underground descent

A clear walkway wel-

comes visitors into the cave at Blue Hole National Park. The tightly fastened headlamp initially felt a bit unnecessary as I made my way through the palatial, airy entrance.

But as I ventured further (with the aid of a knowledgeable guide), the path narrowed. And then it slimmed again — and again. Then I was on my hands and knees crawling through the tight formations. This climb is not for the faint of heart, but I did feel

a sense of discovery with nearly every step.

### Stay sharp on your jungle trek

Not dissimilar from my start at Blue Hole National Cave, the ride — led by Arran of MET Adventure Outfitters — was a two-hour trip on horseback through the Belizean jungle that seemed initially standard and straightforward.



Up for a game of Mayan Murderball?  
ARUN VENKATESAN, FLICKR

Dino friends!  
VIV LYNCH, FLICKR

### Face to face with dinosaurs

I had never met an iguana face-to-face until the Green Iguana Conservation Project, located in the San Ignacio Resort Hotel's backyard. As you observe the leaf-eaters — and/or handle — a friendly expert feeds you fascinating information.

Perhaps most intriguing of all: Male green iguanas have two penises! It's a wild world out there when you get up off the couch.

About 10 minutes into the trip,

Arran began parting trees and brush with his giant machete. The survival education included trees that produce drinkable water, inconspicuous but indispensable fruits and vegetables hidden in the bush, and all-natural salve for whatever might smart.

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# Nadal is the yin to Federer's yang at the 2017 US Open

The two contrasting yet legendary tennis stars are on a crash course to meet in the semi-finals of America's Grand Slam.

ADAM ZAGORIA  
@AdamZagoria  
sports@metro.us

Rafael Nadal is the yin to Roger Federer's yang — and not just on the tennis court where their styles could not be more disparate.

Nadal's off-court comments at this US Open have been diametrically opposed to those of Federer on several topics, revealing the Spaniard's willingness to criticize where he finds fault, whereas Federer appears more happy-go-lucky about mostly everything.

Wikipedia describes yin and yang as “the combination or fusion of the two cosmic forces.” In the tennis world, Nadal, 31, and Federer, 36, definitely qualify as opposing cosmic forces.

First, when Nadal, the No. 1 seed, and Federer, the No. 3, appeared in the same half of the draw, Nadal was quick to say that he wasn't looking forward to playing his arch-rival, to whom he has lost the last four times, including in this year's Australian Open final.

“If I am in semifinals, no,” said Nadal, who won here in 2010 and '13. “I prefer to play against another one. It's obvious, no?”

It was a refreshing and candid answer from a man who is currently No. 1 in the world and the owner of 15 Grand Slam titles.

Federer, the owner of the all-time record 19 Slam crowns, by contrast, said he would “love” the opportunity to face Nadal in the semis.

On the topic of noise inside Arthur Ashe Stadium, which had the roof closed for his straight-sets win over Dusan Lajovic of Serbia on Tuesday, Nadal isn't a fan, either.

“Under the roof, the noise stays a lot inside,” he said. “So that's to fix a little bit. The USA make an amazing improvement for the fans, for the players, for the TVs, for everybody with the roof, and now they can make it even a little bit better if they can control a little bit more that.”

Federer?

He played under the closed roof on Tuesday night but had to go five sets against 19-year-old American Frances Tiafoe. Perhaps predict-

ably, Federer said he appreciated the crowd noise, which got louder as the match got longer.

“When the crowd really got into it, it was really cool,” he said. “It was a great atmosphere. It was loud. It was louder than what I'm really used to. Not that it wasn't loud before, but I think it comes back down on the court.”

You can bet it will be plenty loud inside Ashe if these two legends continue to win and ulti-

mately square off in the semifinals on Sept. 8.

Both had a day off on Wednesday after playing under the roof, while their would-be opponents will have to play back-to-back days on Wednesday and Thursday because of the rain on Tuesday.

On the court, the two cosmic tennis forces could not be more different.

Federer plays a free-flowing, elegant game in which he seems to

float about the court at times. That style of play has kept him mostly injury free for most of his career. In recent years, he suffered a knee injury while bathing his daughters in the tub and his back has flared up at times, most recently causing him to withdraw from Monday's match two weeks ago. Nadal, by contrast, hits with such force and torque that he puts great strain on his body, which has contributed to several injuries across his career.

“Every ball [by Federer] is lathered with gratuitous action, spin for spin's sake, spin as slapstick, and unlike Nadal, who rips violently upward on his shots to impart an ungodly number of rotations per second to the ball, Federer luxuriantly massages every shot as if to prolong the moment of impact and better feel the racket head moving over the ball, string by string,” wrote Peter de Jonge in The New York Times Magazine.

What the two have in common, especially at this stage, is that they're both still playing championship level tennis into their thirties.

They have combined to win all three Grand Slam titles in 2017 — with Nadal winning his 15th major and 10th French Open title in June — and are the two favorites here in Flushing Meadows.

Yet even the way they talk about the current state of their games represents their yin and yang.

Federer has openly embraced talk that he may be playing some of the best tennis of his career despite being a married father of four while Nadal openly yearns for younger days.

Nadal joked that “everything is easier” in your twenties, adding: “And today, here I am at 31. If you tell me I will be here with 31, being No. 1 in the world, especially, seven, six, 10 years ago, I will not believe you, so I try to enjoy every day without thinking much about happened or what can happen.”

Federer, of course, has nothing but praise for Nadal's game.

“Rafa's year has been exceptional, winning the 10th French Open,” he said. “I mean, even people didn't think he was going to win the French Open again. For me, only once he retires I believe he won't win anymore. He's that good of a player.”



**2017 US  
Open  
weekend  
schedule**

**8/31**

**Men's &  
Women's  
2nd round**

**9/1**

**Men's &  
Women's  
3rd round**

**9/2**

**Men's &  
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# METS NEED TO DO THE WRIGHT THING

## OPINION



**JOE PANTORNO**  
@JoePantorno

I couldn't imagine being faced with the situation of being physically unable to perform the task I've trained my whole life to do.

Saying it is tough would be an understatement and at the end of the day, I am not qualified to label how someone should feel when presented with that unpleasant scenario.

Which is why I could not possibly imagine what is going through New York Mets captain David Wright's head right now.

The 34-year-old's rehabilitation assignment in single-A Port St. Lucie — as he attempted to come back from a

shoulder impingement suffered during Spring Training — was halted this week because of pain in the area.

It's yet another frustrating twist for Wright, who for the past three seasons, has been unable to consistently stay on the field due to debilitating injury after debilitating injury.

He spent most of 2015 battling spinal stenosis, returning in August for the team's stretch run into the playoffs. It didn't come without a price though as he had to arrive at the stadium hours before first pitch and go through a rigorous process just to get ready to get onto the field.

Regardless, it was a joy for countless Mets fans to see Wright on the field as the Mets made their first World Series since 2000, four years before the captain made his MLB debut.

And even while his back continued to ail him, he still provided some magic as he launched a two-run home run in Game 3 of the Fall Classic against the Kansas City Royals, his first-ever World Series at-bat in front of the Flushing faithful.

He lasted just 37 games in 2016 before a herniated disk forced him to undergo season-ending neck surgery. He would return to the bench during later portions of the season, but he looked like a shell of his former self as he was unable to move his head side-to-side.

Still, Wright trudged on and he was slated to make a full return in

2017 before the shoulder became an issue.

Even with his rehab derailed, Wright appears to have no desire to call it quits. A source told Mike Puma of the New York Post that retirement is very much out of the question at the moment.

If you're the Mets, you stand by the captain for every single comeback attempt he makes. It's the least they can do considering just how good of a soldier he's been over the past 14 long years.

The seven-time All-Star was the face of a franchise that struggled throughout most of his career. In his first 11 seasons, New York had just four seasons over .500 and made the playoffs once in 2006 where they were an inning away from a National League title.

He's taken over the Mets record book in the process, etching his name among the pantheon of franchise greats.

That being said, Wright does have to know when to call it quits. He should want to end his career at or near the top instead of being in pain. Only he truly knows when that day will come, however.

Though he should be wary of whether or not his presence inhibits the Mets' future

plans as they try to turn things around from this dismal 2017 season.

When that day does eventually come, the Mets should make sure Wright doesn't go too far. Seeing his determination makes it obvious that he wants to be around baseball. Offering him a coaching job within the organization could put him on the fast track to be the team's future manager considering he's a smart ballplayer with a passion for the game. That way he will truly be a Met for life.



David Wright  
GETTY IMAGES

## WRIGHT'S RANK AMONG METS FRANCHISE LEADERS

WAR (POSITION PLAYERS): 49.9  
METS RANK: 1ST

OFFENSIVE WAR: 51.2  
METS RANK: 1ST

GAMES PLAYED: 1,583  
METS RANK: 2ND

RUNS SCORED: 949  
METS RANK: 1ST

HITS: 1,777  
METS RANK: 1ST

DOUBLES: 390  
METS RANK: 1ST

HOME RUNS: 242  
METS RANK: 2ND

RBI: 970  
METS RANK: 1ST

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# Who is on the Giants' roster bubble?

These players are at risk of being cut by Big Blue with Week 1 just on the horizon.



**JOE PANTORNO**  
@JoePantorno  
joseph.pantorno@metro.us

With the New York Giants' final preseason game taking place on Thursday night against the New England Patriots,

numerous roster hopefuls will soon find out their fates with Big Blue.

From a roster of 90 men, NFL teams will have to cut their squads almost in half to 53.

This is the first time ever that teams are making such drastic cuts.

Before this year, teams were able to trim their rosters from 90 down to 75 during the exhibition slate.

For this season, cuts and a final roster must

be submitted to the NFL no later than 4 p.m. ET on Saturday, Sept. 2.

Like any other team, the Giants will be faced with a number of difficult decisions, as the lower portions of the depth chart are being fiercely competed for.

But with so many cuts to be made, there will be some notable preseason contributors that might not be able to make the jump to Week 1 of the 2017 NFL season.



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**0 INTERCEPTIONS**

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**0 TOUCHDOWNS**  
**10.6 YDS/CATCH**



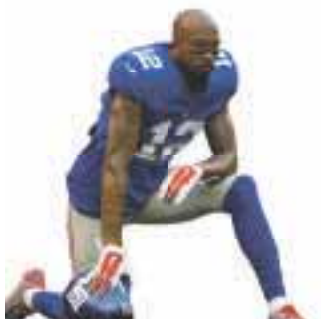
## DONTE DEAYON CORNERBACK

**7 TOTAL TACKLES**  
**1 INTERCEPTION**  
**36 YARDS**  
**1 TOUCHDOWN**



## TAVARRES KING WIDE RECEIVER

**1 RECEPTION**  
**7 YARDS**  
**0 TOUCHDOWNS**  
**7.0 YDS/CATCH**



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## LEGAL NOTICES

**NOTICE IS HEREBY GIVEN** that a license, Number 1304191, for Restaurant Wine has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 132-07B 14th Ave., College Point, NY 11356, for on premises consumption. El Pollo Ranchero, Inc. d/b/a El Torito.

**NOTICE OF SALE**  
SUPREME COURT  
COUNTY OF QUEENS  
US Bank National Association as trustee for the Certificate holders CitiGroup Mortgage Loan Trust Inc., Asset-Backed Pass Through Certificates Series 2007-AMC1, Plaintiff AGAINST Petula Graham; et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated November 14, 2016 I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom #25, 88-11 Sutphin Boulevard, Jamaica, New York 11435 on September 8, 2017 at 10:00AM, premises known as 640 Beach 69th Street, Far Rockaway a/k/a Avenue, NY 11692. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of NY, Block 16029 Lot 21. Approximate amount of judgment \$622,321.79 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index# 701757/2014. Cristina Prieto, Esq, Referee Shapiro, DiCaro & Barak, LLC Attorney(s) for the Plaintiff 175 Mile Crossing Boulevard Rochester, New York 14624 (877) 759-1835 Dated: June 30, 2017 47133

**NOTICE IS HEREBY GIVEN** that a license, Number 1304668, for Liquor, Wine, Beer & Cider has been applied for by the undersigned to sell Liquor, Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 80-02 Northern Blvd., Jackson Heights, NY 11372, for on premises consumption. Queensboro Hospitality LLC d/b/a The Queensboro.

**NOTICE IS HEREBY GIVEN** that a license, Number 1304467, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine, & Beer at retail in a Tavern under the Alcoholic Beverage Control Law at 42-18 31st Ave., Astoria, NY 11103, for on premises consumption. 4218 Rest Group, LLC.

**NOTICE IS HEREBY GIVEN** that a license Number 1304864, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 215-05 Northern Blvd., Store #2, Bayside, NY 11361, for on-premises consumption. Waker 2 USA, Inc.

**NOTICE OF FORMATION** of DXY Capital LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 05/17/2017. Office location: Kings County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: c/o The LLC, 2124 85th St., Brooklyn, NY 11214, which is also the principal business location. Purpose: any lawful activity.

**NOTICE OF FORMATION** of Success 83 LLC. Articles of Org. filed with the Secy. Of State of New York (SSNY) on 06/09/2017. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o PO Box 1491, Flushing, NY 1





### Across

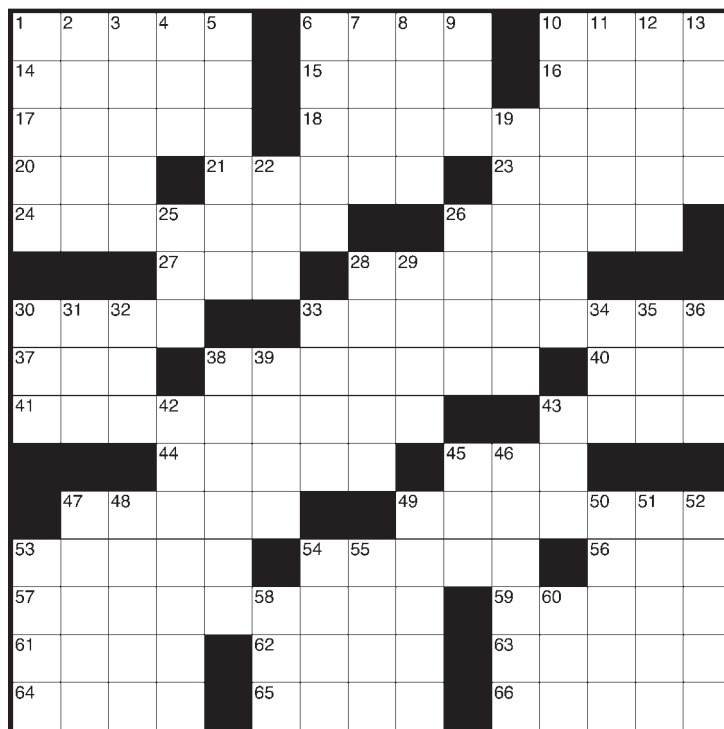
- 1 Lake Nasser dam
- 6 Rounded lump
- 10 Verdi opus
- 14 Spanish girl
- 15 Tiny speck
- 16 Tailor's need
- 17 A schooner has two
- 18 Most easily broken
- 20 Use sparingly
- 21 Winter vehicles
- 23 Ms. Zellweger
- 24 Soap operas
- 26 Buenos --
- 27 2013 McConaughey movie
- 28 River horse, for short
- 30 Ocean liner
- 33 "P" or "Q"
- 37 Large cask
- 38 Gave the willies
- 40 Traipse
- 41 Precedence
- 43 Large tanks
- 44 Bearings
- 45 Princess Di's niece
- 47 Like a snake
- 49 Most boring
- 53 Tug's tow
- 54 Habituate
- 56 Masseuse employer
- 57 Good policy for trouble
- 59 Pigeons' homes
- 61 Broadcast

- 19 Camera stand
- 22 DA's degree
- 25 Scamp
- 26 Church alcove
- 28 Derisive shouts
- 29 Black as night
- 30 Ave. crossers
- 31 Tint
- 32 Hotel
- 33 Invent a word
- 34 Ottoman official
- 35 -- "King" Cole
- 36 Gridiron stats
- 38 Made dirty
- 39 Fly, to a spider
- 42 Daydream
- 43 -- Kilmer of films
- 45 Prickly seedcase
- 46 Votes in
- 47 Gilbert and Sullivan theater
- 48 Mob
- 49 Tunes for two
- 50 Fragrant compound
- 51 Asparagus bit
- 52 Scrumptious
- 53 Clobber
- 54 About, in memos (2 wds.)
- 55 Campus sports org.
- 58 Rearward
- 60 Spanish gold

### Down

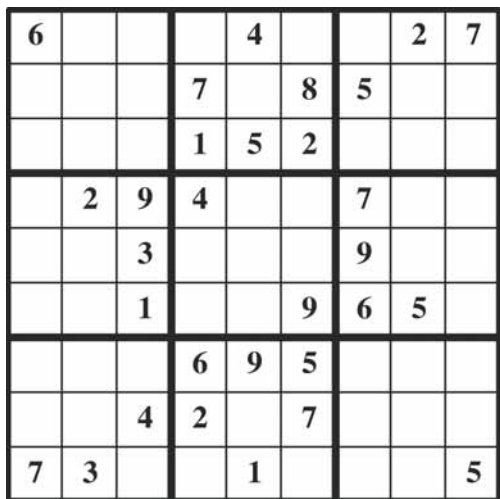
- 1 Crowning points
- 2 Seal a deal
- 3 More prudent
- 4 Behave
- 5 Bahamas resort
- 6 Taunts
- 7 Parliament member
- 8 Singer -- Redding
- 9 Dracula, at times
- 10 Airplane part
- 11 Papas or Cara
- 12 Rx amounts
- 13 Kitty starter

## metro.us/crossword

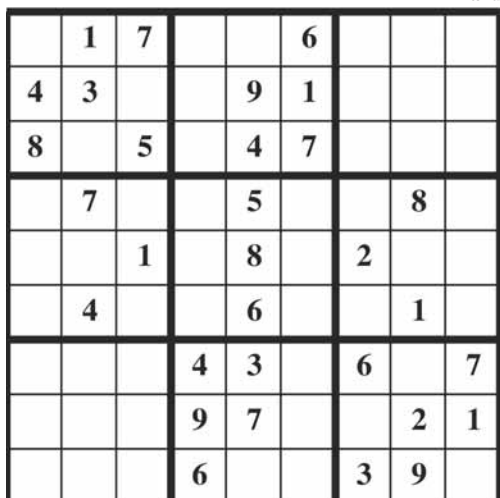


## metro.us/sudoku

easy



hard



## metro.us/horoscopes



**Aries** Focus inward and be insightful when dealing with peers, your boss or someone who can influence your future. Positive changes will result if you are understanding.



**Taurus** A business trip or interview will clarify your beliefs and set you on a promising path. Collaborate with someone you find inspiring in order to learn something new.



**Gemini** Look over personal documentation and your finances, and make adjustments to them. Updating your surroundings will be rejuvenating. Do the work yourself.



**Cancer** You'll have the upper hand if you rely on experience to be your guide. Use your insight and practical outlook to help coordinate your plans.



**Leo** If you want something, go after it. Bring about changes that will position you for future advancement and participate in events that encourage schmoozing and support.



**Virgo** Clear a space that you can use to work on something that brings you joy. Domestic changes will motivate you to rethink your future and your direction.



**Libra** Accept the inevitable and keep moving forward. Apply common sense to situations that appear unstable and to relationships that are affecting your ability to get things done.



**Scorpio** Discuss what's on your mind. Talks will bring about positive change if you are honest about the way you feel and what you want to pursue. Don't live in denial.



**Sagittarius** Soul-searching will do you good. Consider what you want and what you are putting up with. Lower your stress by doing what's best for you mentally and financially.



**Capricorn** Emotions will rise to the surface, causing some stress if you get caught up in someone else's dilemma. Keep your distance and protect your money and possessions.



**Aquarius** An act of kindness will put you in the spotlight. Make it clear what your objective is and what you need to be successful in your effort. Persistence will pay off.



**Pisces** Do whatever it takes to achieve your dreams. Don't let minor setbacks stop you in your tracks. Turn negatives into positives.

EUGENIA LAST

Yesterday's answers									
JOLT	OLLA	SCALP							
OGEE	ROAN	ROMEO							
ALAN	BACK	GAMMON							
NESS	IDEAL	POSE							
SHEETS	OLE								
DISC	CIVILITY								
SHUN	RACED	BAA							
CHAP	DUKES	QINK							
ION	TUBED	MUSS							
DOGFACES	PAT								
AUK	TARTAN								
ASAN	ERROR	AMAH							
LORNADO	ONE	LIVE							
EAGER	OPEN	KNEE							
ERODE	FEST	SOLD							

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